

# March 2012 - Urbana Senior Center Activities

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa)  
 9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
<b>Feb. 27</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>Feb. 28</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:00 Games	<b>Feb. 29</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Leap Year Fun</b>	<b>1</b> 11:00 Exercise to Video <b>11:30 For the Health of It</b> 1:00 Cards/Games	<b>2</b> Center is Closed
<b>5</b> <b>10:00 Stitching Post</b> 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>6</b> 11:00 Exercise to Video <b>1:00 Stitching Post</b> 1:30 Rummikub 5:30 Pizza Night 6:00 Scrabble/Games	<b>7</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>8</b> <b>9:30 Men's Discussion Group</b> 11:00 Exercise to Video <b>11:30 For the Health of It</b> 1:00 Cards/Games	<b>9</b> Center is Closed
<b>12</b> <b>10:00 Stitching Post</b> 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>13</b> 11:00 Exercise to Video 11:30 Spanish <b>1:00/6:00 Stitching Post</b> 1:30 Rummikub <b>1:00 Blood Pressure</b> 5:30 Pizza Night 6:00 Games	<b>14</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Nutrition: Benefits of a balanced diet</b>	<b>15</b> 11:00 Exercise to Video <b>11:30 For the Health of It</b> 1:00 Cards/Games	<b>16</b> Center is Closed
<b>19</b> <b>10:00 Stitching Post</b> 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>20</b> 11:00 Exercise to Video <b>1:00 Stitching Post</b> 5:30 Pizza Night 6:00 Games	<b>21</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Blood Pressure</b> <b>Noon *Omelet Bar</b> <b>12:30 Ask Nurse Steve</b>	<b>22</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	<b>23</b> Center is Closed
<b>26</b> <b>10:00 Stitching Post</b> 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>27</b> 11:00 Exercise to Video 11:30 Spanish <b>1:00 Stitching Post</b> 1:30 Rummikub <b>1:00 Blood Pressure</b> 5:30 Pizza Night 6:00 Games	<b>28</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>29</b> <b>9:30 Men's Discussion Group</b> 11:00 Exercise to Video <b>11:30 For the Health of It</b> 1:00 Cards/Games	<b>30</b>